

'Red Shoes' dancing for young and old

By Loretta Reed
Staff Writer

Having jumped at the chance to wear a pair of beautiful red slippers instead of her klunky, uncomfortable wooden shoes, Karen is off and dancing. Unbeknownst to her, these are a pair of magic red shoes, which cause the wearer to dance incessantly. The only way to remove the shoes is with the magic buttonhook, which the evil gypsy, Snogg, has. It was Snogg who gave Karen the shoes. Such is the problem to be resolved in the drama department's coming production, "The Red Shoes."

Karen, Anna Campbell, finally gets help from the mute clown, Jemmo, played by Diane Rourick;

Chris Studer as the Nice Old Lady; the Burgomaster, Tom Cunliffe; and Nels, played by Tom Molaro in foiling Nancy Lenari, who portrays Snogg. Directing this is Sister Xavier Coens. Assisting her are Molly Burgess, Cathy Ray, Margaret Corrado, Bonnie Roling, Mary Ann Kellaheer, Anna Heinman, Gladys Ressler, and Debbie Skriba, and their crews.

Authenticity is a key word in this show. The costumes are designed as Danish Twelfth Night attire. Some are truly authentic gypsy clothes which Sister Xavier has picked up while traveling. The music too adds to the authenticity. Not only is the music of the Red Shoes Ballet used,

but also that of Peer Gynt.

The accent of the play, though, is on kids, as this is presented as part of the Flight Four program. The play is wrapped around the audience. The dancers: Ellen Norris, Margaret Corrado, Mary Beth Casey, Mary Barden, Mary Schrier, and Robyn Slattery, are dressed in costumes and serve as ushers. They then go through the audience just before the play begins, talking to the kids. The actors often leave the stage and continue the play in the audience.

The play will be presented for all kids from 6 to 106 Saturday, Dec. 6, and Sunday, Dec. 7. It is free to all Clarke students with their IDs.



Nancy Lenari and Anna Campbell (back) gain a foothold on the upcoming production, "Red Shoes." Photo by Mary Beth Ryan

the COURIER

Vol. XLVIII, No. 6

CLARKE COLLEGE, Dubuque, Iowa

November 22, 1974

Singers present fall concert

By Dorothy Heckinger
Staff Writer

St. Raphael's Cathedral will be the location of the Clarke-Loras Singer's annual fall concert to be presented November 24 at 8 p.m.

The program will include selec-

Opera time

An upcoming production, "Gianni Schicchi," will be the cooperative effort of the students of a music education course at Clarke this semester.

The one-act Italian comic opera by Giacomo Puccini will be sung in English. It takes place in the late fourteenth century in Florence, Italy. The opera draws its story from the death of the elderly Buoso Donati. After Buoso dies, his relatives become involved in a plot to revise his last will. When these relatives call upon a clever peasant, Gianni Schicchi, for aid, he then works the will to his own advantage in an amusing turn of events.

The opera, directed by senior Jeannie Larsen, with class instructor John Lease as faculty advisor, will be the work of a semester course entitled, "Musical Production Techniques." Jeannie Larsen says, "The purpose of the production has been a learning experience to put our own endeavors toward one major production for Clarke and the public."

The performances will be on Sunday, December 1 and Monday, December 2 at 8 p.m. in the Music Hall. Admission is \$1 for students and \$1.50 for adults.

tions from Haydn's "Theresienmesse," a Mass in B Flat Major; "The Christmas Story," a cantata by Ron Nelson; and selected Christmas carols and folksongs.

The 60-member chorus, composed of Clarke and Loras students and directed by John A. Lease, gives the concert as the culmination of a semester's worth of practice. They meet every Monday, Wednesday, and Friday afternoon and Tuesday evening.

Intensive practice sessions were conducted at Coggon, Iowa. "Coggon," as it is referred to, is the yearly choral "retreat" held in order to put the finishing touches on the concert program. The weekend, November 9-10 began early

Saturday morning with an hour's drive to the camp outside Coggon where the chorus would be staying. The day was spent practicing, interspersed with meals and time to play football or go canoeing. The highlight of the retreat came after supper when the group was gathered in the chapel to share their thoughts and feelings. Fun followed with skits and then the more serious business of initiating the new members, a process that is kept in strictest confidence by the chorus members. The day ended with Mass and everyone was warned of an early awakening. The chorus came back to Dubuque early Sunday morning a little better prepared for upcoming concert.

Revisions continue in Forum by-laws

By Tracy Timpe
Staff Writer

Some further revisions were tentatively agreed upon concerning by-laws of the Forum governing constitution at the meeting of Forum on November 14. A workable definition of the function of Forum and its responsibility regarding long range planning for the college will be decided early in the second semester.

A proposal agreed upon was the faculty choosing five members at an election in the spring. The two members with the highest votes

serve a two-year term. The limit of office is two consecutive terms.

CSA President Pat Kennedy suggested a new by-law. The five students would be elected to Forum in the same manner as in the Academic Affairs Committee (AAC). One student from each class and one representative at large would be chosen in a student election held in the spring.

A motion was passed stating that if the chairman is a faculty member, the vice-chairman would have to be a student and vice versa.

The December 5 meeting will be at 4:20 in ALH.

New procedure for incompletes

By Vicki Johnson
Staff Writer

The Office of the Registrar has adopted a new procedure in regard to the policy of incomplete grades. This new procedure, now in effect, states that when a student does not complete a course and receives an incomplete (I) grade from her instructor, she is notified through the mail by the registrar. The 'Notice of Incomplete Grade' informs the student of her grade and gives her a one-month extension in which to complete the grade, thus changing the I grade to a letter grade. The notice also informs the student that she may request additional time

beyond the date suggested by the Registrar under extraordinary circumstances. If the student does not meet the date set by the Registrar, the I grade changes to an NC grade and the student receives no credit for the course and forfeits the hours for that course.

Previously, the task of notifying the student concerning incomplete grades was left up to the teacher or the Registrar or both and often the students complained that the policy was unknown to them. Sr. Eugene Sullivan, Registrar, says: "Now the new procedure simply makes the student more responsible for her grade, instead of the teacher."

Energy-Environment

The United States Atomic Energy Commission will present a free Citizens' Workshop on Energy and the Environment at Clarke College on December 3 and 4 at 7:30 p.m. in Catherine Byrne Hall.

The program will be conducted by Dr. Leland L. Wilson, head of the Department of Chemistry and the University of Northern Iowa and Ms. Wanda Wehner, Assistant Professor of Chemistry at UNI.

The Citizens' Workshop consists of three parts: a brief orientation

lecture on basic facts related to energy problems; a decision-making game played by participants using an Energy-Environment Simulator to show the effects of a wide range of decisions involving energy; and an open discussion between the participants and the energy specialists presenting the program.

A number of students in ecology, chemistry, and education from Clarke will be participating in the workshops.

around the dubuque colleges

Iowa is again offering money to Iowa residents for their college education. The state legislature set up the program so that lower and middle income students would be able to attend Iowa private and state schools. The grant program, started in 1969, selects its applicants only on financial need with the money being given to the neediest students.

Each Iowa student is encouraged to apply even if previous attempts have failed. Clarke students can pick up Iowa Tuition Grant Applications from Sister Julia Claire in the Financial Aid office.

Along with the Tuition Grant Application, students must fill out a Parents' Confidential Statement. Both of these forms must be filed with the Higher Education Facilities Commission before January 18, 1975.

The next meeting of the Psychology Club will be on Monday, December 9, at 8 p.m. Speaker and location are to be announced. It is open to all faculty, students, and Dubuque residents.

Connie Link will give her senior piano recital on Saturday, November 23, at 7:00 p.m. in the Music Hall at Clarke College. Her program includes: "Sonata in C major, K. 309" - Mazart; "Polonaise in A flat, Op. 53" - Chopin; "Preludes" - Gershwin; and "Concerto No. 3 in C minor Op. 37" - Beethoven 1st movement. (Karen Kendregan will play the orchestral parts of the concerto on a second piano). The recital is open to the public.

The Loras Players will present "Spoon-River Anthology" on December 7 and 8 at 8:00 p.m. in St. Joseph's Auditorium. "Spoon River Anthology" is an American folk poem written by Edgar Lee Masters. The characters in the production portray both the sordid and humorous side of life with musical interludes. Student tickets are \$1.00 and adults are \$2.00.

Sister Mary Lauranne Lifka, BVM, assistant professor of history

at Clarke College in Dubuque, will present a paper to the annual conference of the Western Society for French History (WSFH) in San Francisco on November 23. The paper is entitled "The Role of Adolphe Thiers in the French Revolution of 1830."

Susie K. Klaas has been appointed the student Representative at the Iowa Employment Security Commission, 590 Iowa Street, Dubuque. Students who are interested in obtaining a part-time job should contact Miss Klaas between 8:00 a.m. - 4:30 p.m. Monday thru Friday.

Time flies so fast and whether you realize it or not, Christmas is just around the corner. Don't wait for the last minute - go to the Pre-Christmas Sale that will be launched by the Art Department at the Mary Josita Concourse on November 22 between 9 a.m. and 5 p.m. Potteries, art prints, drawings, paintings and other art works will be available. Of special interest may be the beautiful potted plants.

The Norquay String Quartet will present a concert of chamber music in the Music Hall at Clarke College on Friday, November 22 at 7:00 p.m. The program will include: "Quartet in D Major, K. 575" - Mozart; "Quartet in G minor, Op. 10" - Debussy; and "Quartet in G Op. 161" - Schubert. Members of the Quartet are: Violins - Daniel Foster and Paul Meyer; Viola - Steven Wittrig; and Cello - Parry Karp. The public is cordially invited to attend.

Sister Mary Josepha Carton, BVM, chairperson of the Classical Languages department, will present a slide lecture, "Sites and Sights of the Roman World," on Sunday, November 24 at 1:30 p.m. in the Alumnae Lecture Hall. Sister will report on her work in Rome during the summer of 1974 as a Fulbright scholar.

"Voices" and "Moby Dick," two one-act productions will be per-

formed at Divine Word College on November 22-24 at 8 p.m.

"Mark," a rock gospel by Father Bob Beck, will be presented at Aquinas Institute on December 8-10 at 8 p.m. A matinee will be given at 2 p.m. December 9.

A one-day solicitation drive was held last week by the Development Council. On Tuesday, 13 by 13 entertained about 100 businessmen and their wives at a kick-off dinner hosted by Dubuque students. On Thursday, the businessmen personally solicited about 200 local businesses and contacted approximately 250 others by letter. Last year's goal of \$45,000 was obtained; this year \$50,000 is hoped for. It will not be known until the end of the fiscal year whether this goal is reached. Fifty percent of the proceeds are used for scholarships for Dubuque students. The remainder is for general operating expenses of Clarke.

the COURIER special report

Dubuque groups lend support to Chavez

Editor's Note: This is the last article of a three-part series concerning migrant farmworkers in the United States.

The situation of the migrant workers has been dependent on outside support since the very inception of the seasonal farm workers' movement.

One large group counted upon to alleviate their plight has been the labor unions. On April 8, 1974, George Meany, President of the AFL-CIO, announced the full backing of the AFL-CIO for the lettuce and grape boycott. He pledged that this union would maintain their commitment to the United Farm Workers as the only legitimate union representing farm workers. He said, "This product boycott (of grapes and lettuce) will continue until the growers recognize the United Farm Workers as the legitimate collective bargaining representative of farm workers. We will ask all affiliated unions, state and central labor councils, and directly affiliated unions to give their full and continuing support of this product boycott."

Because any product not harvested by the United Farm Workers is in most cases harvested by the Teamsters, the Teamsters

interpreted this statement by Meany as an outright boycott of their products. While Meany certainly intended to warn the Teamsters, the response of Frank Fitzsimmons as President of the International Brotherhood of Teamsters (IBT) has been equally threatening.

Fitzsimmons has written to AFL-CIO union presidents, promising them that the decision to support the boycott was theirs. But, he warned, upon their decision to support the boycott of Teamster products would hinge a consequence of immediate exertion of pressure on such unions. Fitzsimmons said, "This would mean that you are taking a definite position against the Teamsters. . . In the future, our cooperation with your organization will be judged accordingly. . . If you are not with us, you are against us." The union leader declared, "We do not propose to support unions that are fighting us."

Formerly, Meany had given the United Farm Workers Union \$1.6 million to fight the growers and the Teamsters. This went toward strike benefits, whereby those on strike would still receive some income. The strikers did not simply sit home and receive checks. A person on strike would receive \$90 per week

as compared to the average weekly earnings of \$120 for the pickers in the fields. The strikers would meet daily at 4:30 a.m. to situate themselves at the entrance of the field, where the strikers would be able to encourage the workers in the fields to come and join them on the picket line. Discussion of the strike would continue into the work camps in the afternoons and then strategy sessions would follow. This daily program reflects beliefs inherent to the ideology of the migrant workers' cause with the emphasis upon non-violence and education.

Now, due to outside pressures and divisions within the labor unions over the cause of the migrant worker, the United Farm Workers Union no longer receives this \$1.6 million grant. Without any compensation by the AFL-CIO to aid the workers on strike, strikers are risking further financial insecurity. Even while many certainly believe in Chavez' cause, a great many have no political choice. They have to work for their next meal. So, many migrant farm workers are simply unable to boycott, regardless of their preference in unions.

Without the monetary support of AFL-CIO, the strike efforts have been severely reduced and the United Farm Workers have had to look elsewhere for widespread support. In spite of the union statements of AFL-CIO leader George Meany, much of the impact is lost due to the power and pressure exerted by the Teamsters Union.

Chavez has said that there are two main courses of action: the strike and the boycott. While the strike has in no way been abandoned, the emphasis has turned to the boycott. It is clear the boycott can achieve much more. Although this effort involves a much wider base of support, it cannot be interfered with nearly so easily.

Consequently, some decision by the American people is imperative. In the words of the National Farm Workers Ministry Newsletter of Summer 1974, "The deeds we do for the boycott are not isolated, futile gestures; our deeds are connected with those of people in every major city in the U.S. and Canada and with friends in Europe, Asia, and Latin America."

In a check of the Iowa State Liquor Store in

Dubuque, the wines under boycott: Gallo, Paisano, Thunderbird, Carlo Rossi, Eden Roc, Boones Farm, Red Mountain, Spanada, Tyrolia, Ripple, Andre, and Wolfe and Son are still enjoying high sales. The owners of several East Dubuque liquor stores may have described the situation of the boycott in this area when they said, "There is no boycott, at least according to the sales of wines supposedly on boycott."

In several major grocery stores in Dubuque, managers echoed each other in their determination to stay out of the issue. One manager, who wished to remain anonymous, said that two years ago, in compliance with the lettuce boycott, all non-UFW lettuce had been removed from the shelves. Now, however, times are different. "We can't afford to be worrying about it because the migrant cause isn't the concern any more," he stated. The store manager continued, "Inflation is the issue now. We get what we can buy. We can't be waiting around for a certain brand or shipment."

At Aquinas Institute, after two weeks of concentrated efforts coordinated by student Greg Ochs, the community arrived at a decision to voluntarily boycott non-UFW lettuce. The cafeteria service has now agreed to buy only the UFW lettuce, even if that means some meals will be served without lettuce, due to the occasional inavailability of it.

Whether as a recipients of a cafeteria service, consumer, or restaurant goer, the individual does have some say in the buying, serving, and consuming aspects. In particular, with the holiday season approaching, each individual can exercise a role in the buying and consumption of lettuce, grapes, and win in one's own home. In many cases, action taken by a collective body is a viable possibility.

Indeed, inflation is an increasing problem. But the situation of the migrant worker is certainly not improving with inflation. People are their means of improvement. It isn't always in one's economic interests to buy the UFW product. But if it comes to pitting the pocketbook against the hunger pangs of the migrant worker, what will it be?

Feminist speaks at UD

By Marilou Johanek
Staff Writer

Florence or "Flo" Kennedy, black feminist, lawyer, and lecturer, spoke Thursday, November 14, at the University of Dubuque.

She began her program by inviting volunteers from the audience to join her in singing several songs of her own creation. One song entitled, "My Country 'Tis of Thee," began with the verses, "My country 'tis of thee, sour land of bigotry. . . Land of Jockocracy. . . Land of pigocracy. . . Of thee I sing."

She ended the sing-along with a prayer for "all the religious-minded people in the audience." The prayer was entitled, "The Feminist Prayer." It began with, "Our Mother which art in heaven, Sister be they name. . . lead us not into Home Economics. . . But deliver us into politics. . . A-Woman."

The speaker then went on to discuss her theory of a "niggerized" society. She described the woman, the average housewife as being the "nigger" of today's society.

In expressing the hopelessness of the situation, Flo Kennedy said, "The pathology is so big in our society, there is almost nowhere to begin." However she said, "The more people are 'niggerized,' the more the establishment will grow."

The black feminist proceeded to discuss the theme of her lecture which was, "Out of the streets, and into the suites." She stressed demonstrations and picketing as means of forcing an issue on the upper class. She admitted though, that, "The topics of Vietnam

and similar issues were too far away. . . not close enough for any real reaction by the people."

The lecturer explained, "You don't react to the wringer until your tail is caught in it."

She went on to give an insight into today's middle class. "The middle class is virtually non-existent," she said. "Either you are very poor or very rich today." She concluded, "You the middle class are on loans, you are property-less, and yet you are supposed to be 'middle' class."

Flo Kennedy summed up her lecture by stressing the importance of action now. The lawyer said, "The push for change has to come from the 'good' people; people with a 'fair' amount to lose."

'Pop Art' invades Clarke campus

By Dorie Sugay
Staff Writer

It is a known fact that the mere sight of delicious food stimulates some people's hunger drives. If you go to the Solarium between November 19 and November 27 from 9 a.m. to 5 p.m., you would probably experience such drives. However, don't let your eyes deceive you for what you would see would be the pop art food on exhibit that the ceramic students molded so skillfully. Students in recent years have worked on pop art. However, according to Sister Carmelle Zserdin, "This is the first time an interesting class assignment has developed into an informal exhibit."

Pop art is among the widely discussed topics of discourse and one of the most controversial movements in the history of modern art. Its origin dates back to 1952 when a group of artists decided to formulate a vehicle for social protest. It burst upon both London and New York around 1960. For a long time critics predicted its downfall but it has managed to return each season, more deeply entrenched in our consciousness each time.

Pop art has really gained its place in the pages of art history. After the famous American pop artist Andy Warhol released his "Campbell Soup Can" and his "Brillo" in 1964, many of us now look at a soup tin can, for example, with a new frame of reference.

By mid-1965 Pop Art had penetrated life in

numerous ways which no other style has done, with the exception of Op Art. Pop refrigerators with comic cartoons painted on them were on the market, giant zippers and huge ties which drape over ladies' dresses were "in," and even Campbell Soup designs decorated formal evening gowns! Pop art has indeed proven the critics to be wrong. Its influence is felt even today, such as in candles and table designs. No one has yet determined the true significance of such an art and it would be erroneous to conclude about its longevity at this point in time. It would only be safe to enjoy its amusing characteristics while this phenomenon develops into maturity.

COURIER CAUCUS

To the Editors:

I am writing in regard to a dormitory problem which has plagued the residents of Mary Jo and also other students for quite some time now. It seems as if the music students have taken over the Mary Jo Informal Lounge. I realize that in order to have successful performances, the members of 13 by 13 and Bakers' Dozen must put in many hours of practice. But this should not have priority over the students' living facilities.

Almost every night for the past couple weeks music students have practiced in the lounge for at least three or four hours a day. Since they are constantly in there, students have been unable to watch TV or entertain male guests. Also, they never give any warning as to how late they'll be practicing which has resulted in some embarrassing moments for students who go down in their pajamas to the snack shops, etc. Besides, their voices carry up into the dorm rooms which sometimes makes it difficult for those who wish to study in their rooms.

What I cannot understand is why the music students insist on using the lounge when much money has been spent on music facilities. They have a beautiful music hall which could be used much more wisely than is presently being used. As is stated in the student handbook, male visitors are not allowed in any of the residence halls, including lounges, after 11 p.m. Since Mary Jo is supposedly our

home, the residents should at least have some say in the matter. Why should the Music Department be granted special privileges at the expense of Mary Jo residents?

Perturbed Residents

To the Editors:

If I were not sooooo frail and thin I'd run outside and yell,

"I'd like to replace you.
I hate you because you are
WITHOUT COLOR.

You are as winter's snow.
Your essence is its texture.
In newness you are pure,
But aged, you stain the earth.
Your Blanket

Smothers all of autumn's colors
its Browns,
Reds,
Yellows, and
Blacks.

Raping, even Mother Nature
of HER born.

But once you are gone
Spring blossoms and
Life again emerges
Beautiful. . . just as the
Rainbow."

But I dare not 'cause
I am prone to frostbite
And fear my death of cold.

Felicia Odette Flowers

To the Students:

As most of you know the Sandpipers held a concert on the Clarke campus on Sunday, November 10. The concert was sponsored by the Clarke Student Association (CSA). We sponsored the concert in hopes of picking up some of the deficit from the previous concert. However, as in the past, student attendance was very low - less than 70 student tickets were sold. And, as in the past, the Student Association took a loss. Was this a meaningless venture?

Meaningless, in the sense that the concert was sponsored with our students in mind. Constant excuses for low student attendance are the location of the event and the price of the ticket. Well, with these excuses in mind we offered a concert on our campus, and at a very reduced student rate. Meaningless, in the sense that the members of the Executive Council used student funds to provide a concert for the city.

How can we continue to sponsor activities for students, if there is little or no student participation? I think that is clear to all of

us that the future of CSA activities depends very much on student support. Financially, when we continue to lose, it is not the Executive Council that loses, but you. If you would prefer the Executive Council to invest the remaining student funds, and provide NO activities for the second semester, let me know. Without your support and cooperation in every venture, we stand to lose.

Pat Kennedy
CSA President

COURIER

vol. xlviii november 22, 1974 no. 6

Second class postage paid at Dubuque, Iowa 52001. \$2.00 per year. Published bi-weekly during the college year except during Thanksgiving, Christmas and Easter vacations, and examination periods by the students of Clarke College.

Catholic School Press Association
Newspaper of Distinction

co-editors—elien enzier, fran o'brien
writers and reporters—barb bleakmore, mary brady,
anna campbell, cindy daising, denise dion, cathy
ford, linda glodek, dorothy hechinger, vicki
johnson, marilou johanek, audrey kollasch,
mary lynn neuhaus, loreta reed, mary beth
ryan, tracy timpe,
sports writer—sally czecanski
photographers—linda glodek, mary beth ryan.

Winners of
Betty Figel,
(R, front to

Improper dieting does not compute

By Fran O'Brien
Staff Writer

"Diet time is here again. No pizza, coke, or beer again."

Ah yes! That extra ten has got to go. Those new jeans are starting to rip apart at the seams. The diet syndrome has struck again.

Let's see, there's Dr. Atkins diet, the salad diet, the egg and lettuce diet, Dr. Stillman's diet, the Air Force diet. . . Which one is the lucky winner this time?

Computers quickly calculate the effectiveness of each plan according to research, government standards, and individual habits. Execution suppressed. A list of errors appears on the print-out sheet. Hold everything! Improper dieting does not compute.

Fad diets appeal to a wide spectrum of people. They provide a quick weight loss, a diversion from the everyday diet, and appear to be a sure solution to the problems of being overweight or being obese.

According to Jane Klein, a Health-Chemistry and Nutrition major, "Fad diets are just ridiculous because they are very hard to stick to." She outlines another fault of crash dieting, "A deficiency in nutrients can cause many problems because you can throw off the balances your body maintains."

Chairman of the Food and Nutrition Department Mrs. Barbara Schick agrees. She says, "Basically, the problem with crash diets is that they aren't nutritional and the person is not getting the right nutrients." She explains that by merely eating specific foods the individual may lose weight quickly but the weight loss will, most likely, be only temporary.

Peg Oberfell maintains, "If you lose weight fast you go into a syndrome that's called the 'yo-yo effect.' The Food and Nutrition major explains the syndrome, "You lose weight fast and you gain it back because the only good way to lose weight is to retrain your eating habits. You usually don't do this on a fad diet."

"When people lose 10 pounds in a week they usually gain it back in the next three," points out another Food and Nutrition major, Joan Smith.

Sometimes a diet lacking the correct amount of nutrients over a long period of time fails to show instant bad effects. Geraldyn Kunas, a senior in Food and Nutrition states, "You may have enough nutrients stored to last for awhile." She goes on, "A deficient diet could hurt you later."

Senior Food and Nutrition Major Karen Dudzik talks about the seriousness of not taking in a sufficient amount of nutrients, "There are a lot of serious diseases with serious complications that can be caused by a certain vitamin deficiency." She adds,

"Much of this depends on how healthy you are when you go on the diet."

JoAnn Minnehan, Food and Nutrition major, discusses Dr. Atkins' diet. "The Dr. Atkins diet, with its high protein and low carbohydrates, is very harmful for anyone to be on over a long period of time. You can go into ketosis and then acidosis which can eventually cause death." She goes on, "Dr. Atkins' book explains that you can go into ketosis but too many people don't know what ketosis is, or they merely read the book for the diet." She defines the term, "Ketosis affects the body's PH factor. It upsets the body's balance between acidity and alkaline which results in too many ketone bodies in the blood."

Mrs. Schick puts it in simpler terms, "A person who doesn't eat a sufficient amount of carbohydrates is forced to burn up body fat. Now that doesn't sound like it would be so bad." She goes on to show the problem, "The problem is that when you burn fat exclusively or almost entirely, it doesn't burn completely so you have intermediate products building up in the blood which cause damage to the blood." Other high-protein low-carbohydrate diets she mentions are: Dr. Stillman's Diet, the Mao Clinic Diet and the Air Force Diet.

Another diet college students frequently go on is the salad fad, according to Geraldyn Kunas. She says, "Kids go on these salad fads and that's it." She relates the danger in this type of diet, "Most of it is just water and you aren't getting any nutrients that way."

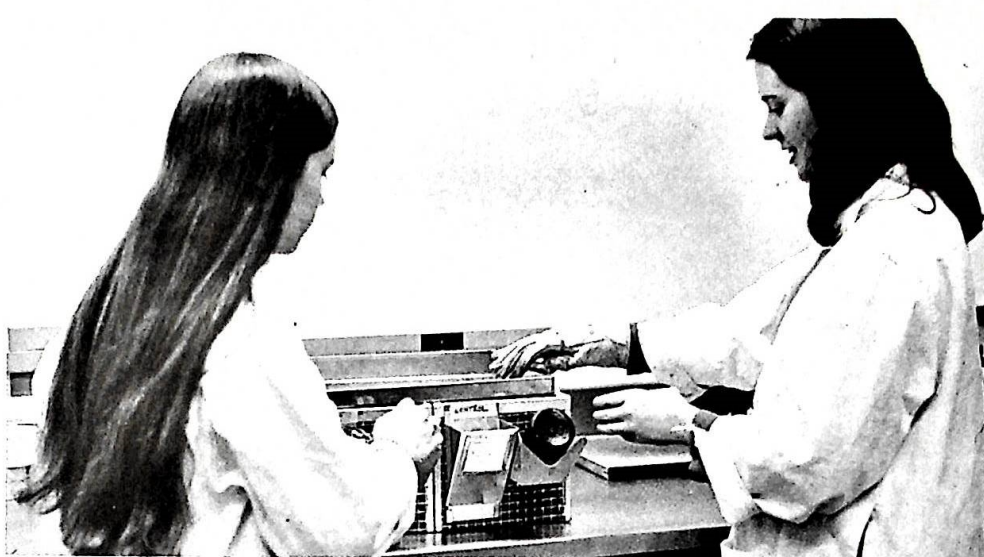
The hard-boiled egg and lettuce diet also lacks in nutrients according to Joan Smith. She adds further that this type of diet is monotonous. "People can't stick to it; there's no variety."

Perhaps the most drastic methods of inducing weight-loss include wiring the person's jaws shut and a gastric bypass operation.

In speaking of the jaw-wiring, Karen Dudzik declares, "That's an extreme measure." She says that people who resort to that measure probably have a psychological problem which keeps them from staying on a regular diet. "When they take the wires off the individual will most likely go back to eating the same things as before."

Mrs. Schick lists a further danger in the jaw-wiring operation. Because the individual cannot regurgitate, due to the constrictive wires, choking could ultimately result.

Another extreme method of losing weight is the gastric bypass operation which both Mrs. Schick and Mary Ellen Foy discussed. According to the two, a section of the small intestine is removed in this surgical procedure. This section is an absorbing surface for the majority of nutrients taken in by the body. Mary Ellen describes the operation as a "last ditch effort" and adds that if the operation



Jane Klein and JoAnn Minnehan test rates to determine effects of various nutrient intakes. Photo by Mary Beth Ryan

would not be performed the obese individual would probably have died from complications due to obesity.

Testing to discover how varying degrees of a specific nutrient intake would affect rats, the Advanced Nutrition class studied the procedures for experimentation. Mrs. Schick explains that the rats were used because their systems are somewhat comparable to humans, they are small and easier to take care of and less expensive than monkeys, and they are not particular about what they eat.

Each student in the class had six rats: two control rats, two rats on a low nutrient intake, and two on a high level of nutrient intake. Choline was the nutrient Geraldyn Kunas used in her biological assay. She describes choline as a constituent of lecithin, "The purpose of lecithin," according to the senior major, "is to move fatty acids out of the liver. These fatty substances are in cirrhosis of the liver. When you have cirrhosis of the liver, fat accumulates in the liver. I thought this might be linked up with the consumption of alcohol."

She discovered that a deficiency shows up in rats in 10 days and one of her rats died within that time period. "I don't know if it was because the rat wasn't used to the diet or if it was due to the deficiency," ponders Geraldyn. Once the other rat got past the initial growing stage it became accustomed to the choline deficiency. "It leads me to believe that maybe choline is especially important in growing children and not necessarily in adults," the experimenter concludes.

The various crash diets, the operations, the experimentation with different amounts of a specific nutrient all point toward the problems of being overweight as well as the foolishness of the cure-all methods of losing weight. But why is it important to maintain the proper weight?

"I think it's how you look and how you feel

that determines overweight to some extent," asserts Joan Smith.

Mary Ellen Foy maintains that the individual should strive for the correct weight "so there isn't tissue breakdown of important organs." She believes that frame, height, sex, and physical activity make up the central components in the amount a person should weigh. She believes that a doctor is the best person to ask about "proper weight." The senior major also says that Metropolitan Life Insurance Company offers a "rule of Thumb" in discovering what the adequate weight should be. Obesity, by her definition, is the disease state in which the individuals weigh at least 15 per cent over the ideal weight.

But what about that extra ten? How can person lose weight in a sensible manner here at Clarke?

"The good old basic four is as good as any. . . meat, fruit and vegetables, bread or cereal, and milk," according to Mrs. Schick.

Karen Dudzik warns Clarke students to watch out for dishes served with noodles due to the calorie intake. "Be highly selective in what you eat," she says. Joan Smith believes students use too much butter with their meal.

Peg Oberfell suggests dieters check first with a doctor or a dietician or read a good nutrition book. Mary Ellen Foy believes that even by consulting a nutrition major about a proposed diet scheme the dieter can gain in understanding. She also says, "You have to know how to watch calories. Look ahead at the menu and figure out what you are going to have."

Geraldyn Kunas suggests that students "take a nutrition course." She adds, "It's not just for dietetics majors; you can use it the rest of your life and your family's life."

Dieting is an individual choice. It is up to each person to seek nutritional, wholesome meals. But too often the individual shuns the responsibility.

Team meets first foe

By Sally Czechanski
Sports writer

Weil sports fans, Clarke's intercollegiate basketball team has been warming up for the past month now and on December 7 we will see the team's boundless potential turn to reality as they put up their first fight against Mount Mercy College in Cedar Rapids.

Starting at 2 p.m., the spirited team will run onto the floor and our first victorious basketball season will have begun. When light-on-her-toes Hsai Hasagawa, Sheila "Scoop through the Hoop" Brennan, Sharpshooter Terese Cummings, and Dribbling Barb Dolan, just to mention a few, get into action, Clarke is going to have one scared opponent. Some of the team's members have

already played together and against each other in high school, which will definitely add to the team's cooperating effort. Clarke newcomer, Junior Cathy Shaw played on the J.F. Kennedy College basketball team in Nebraska last year where they won the AAU Basketball Championship. We've got the material and most probably will make the grade.

The team's name and captain have not been decided upon yet but will be shortly. The faculty-alumni vs. varsity game planned for December, has been postponed until the end of the season.

So Clarke fans, hope to see all of you in Cedar Rapids on December 7, cheering the team onto their first victory.

CLARKE COLLEGE

1974-75 VARSITY BASKETBALL ROSTER

NAME	CLASS	HEIGHT	HIGH SCHOOL	HOMETOWN
Carol Boyle	Soph.	5'9½"	Newman - Mason City	Dougherty, IA
Sheila Brennan	Fr.	5'4"	Mother McAuley	Oak Lawn, IL
Terese Cummings	Sr.	5'11"	Maquoketa Val	Earville, IL
Barb Dolan	Soph.	5'7"	East Buchanan	Winthrop, IA
Rose Dolan	Jr.	5'2"	East Buchanan	Manchester, IA
Colleen Gulick	Fr.	5'7"	Washington	Vinton, IA
Hsai Hasagawa	Fr.	5'	Kawamura	Tokyo, Japan
Laura Henning	Fr.	5'4"	Rich East	Park Forest, IL
Marilou Johaneck	Soph.	5'8"	St. Joseph's	St. Louis, MO
Mary Ann Kelleher	Sr.	5'7"	Mother McAuley	Chicago, IL
Shirley Mormann	Fr.	5'5"	Edgewood-Colesburg	Colesburg, IA
Debbie Moser	Soph.	5'7"	Edgewood-Colesburg	Strawberry Point, IA
Gina Ries	Soph.	5'4"	Mar-Mac-McGregor	Marquette, IA
Bonnie Roling	Soph.	5'7"	Marquette	Bellevue, IA
Cathy Shaw	Jr.	5'8"	JF Kennedy	Chicago, IL
			Col-Wahoo, NB	
Aljeanne Simpson	Soph.	5'6½"	Mother McAuley	Palos Heights, IL

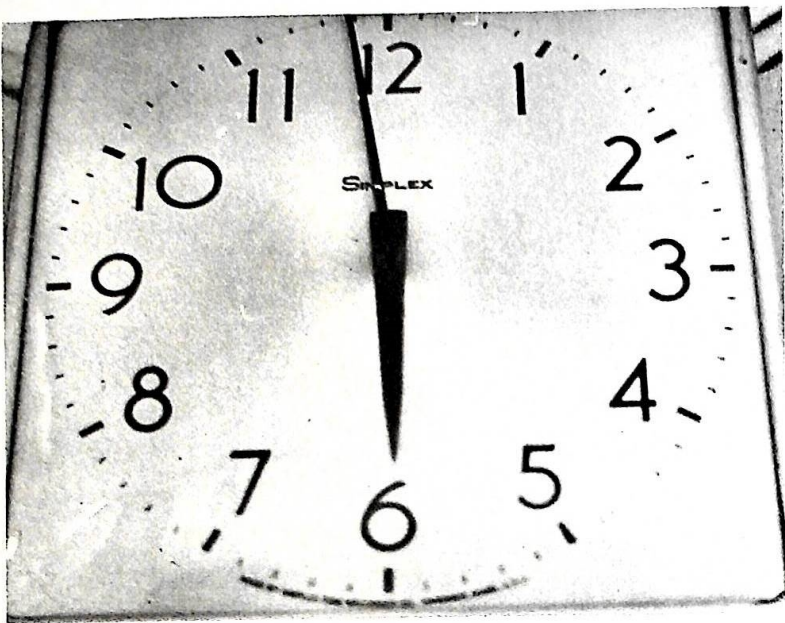


Photo by Mary Beth Ryan

Volleyball champs

Winners of the volleyball intramurals are seniors: (L, front to back): Pat Kennedy, Betty Figel, Jane Meyertholen, Mary Jeanne Connolly, Jan Ruzich and Karen Haas; (R, front to back): Maribeth Genoar, Carol Freund, Beth Cannon, and Margaret Brady.

Thanksgiving



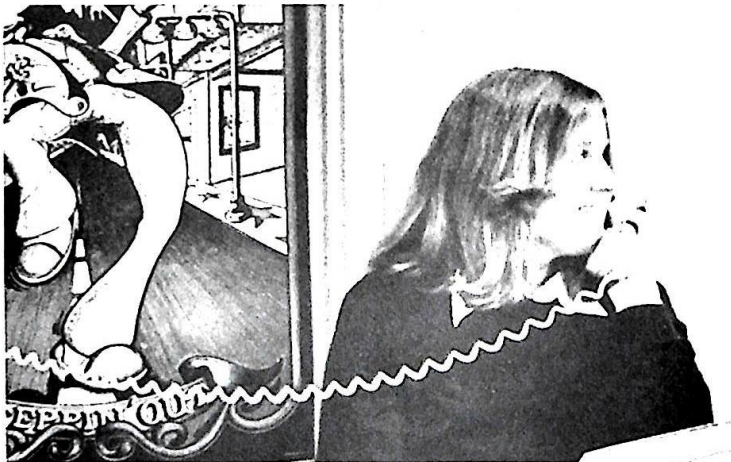
A time to be thankful



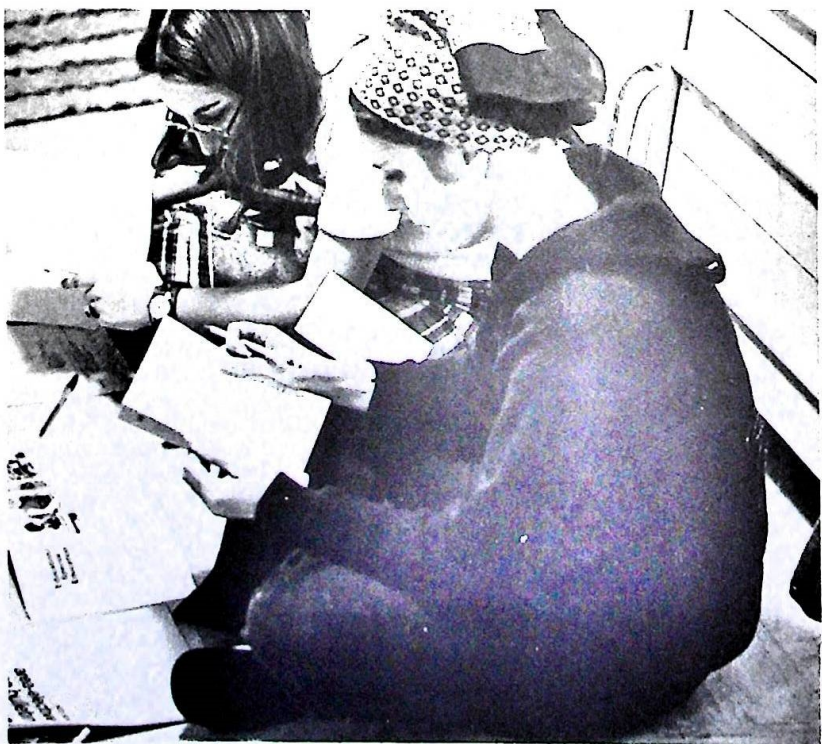
for the boost we need now and then,



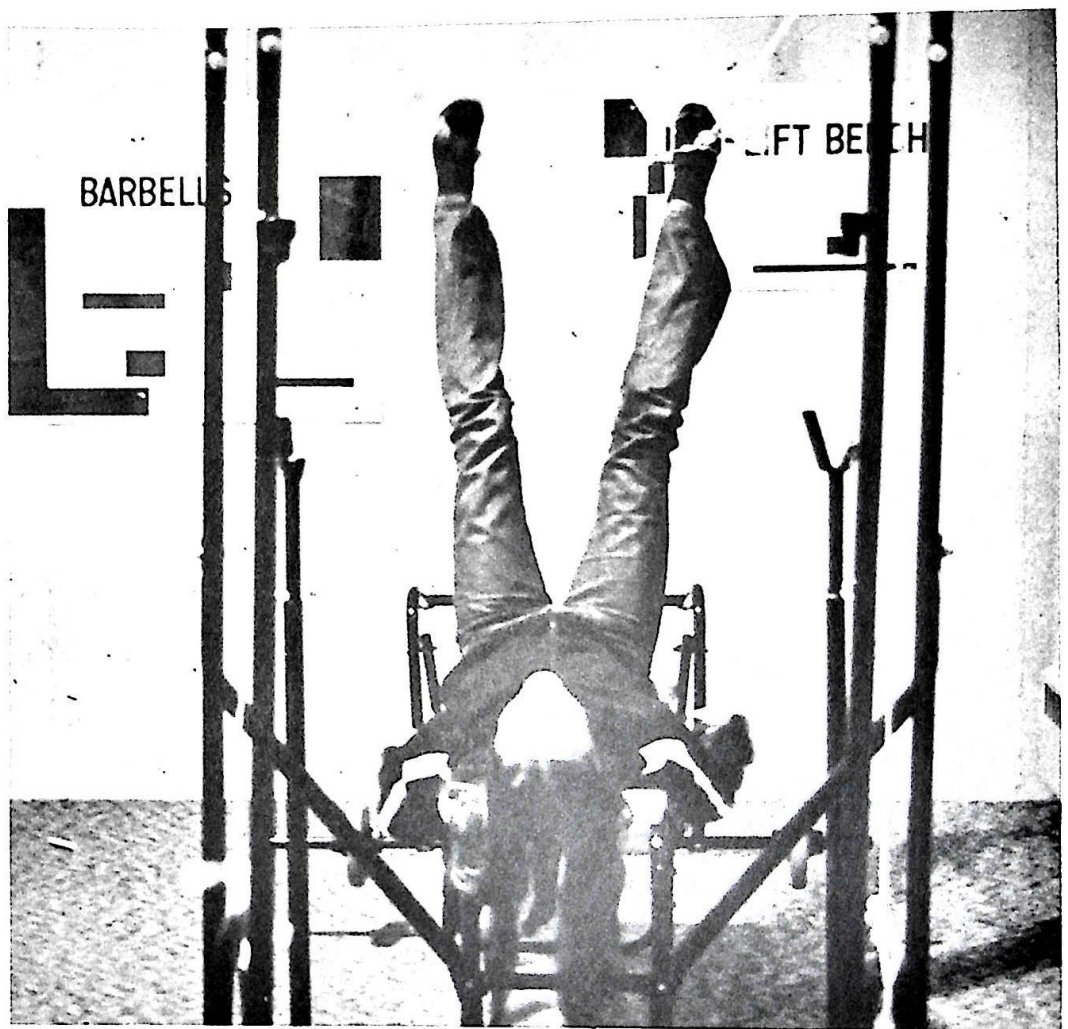
for what we eat



for long telephone cords,



and for that special something.



and what we wish we hadn't,



for short assignments,

Page by Mary Brady and Tracy Timpe
Photos by Mary Beth Ryan